

## Inside the MRE

Read what’s behind all that plastic wrap, pg. 3

## Down and Dirty



Tyler Pelan/Leader

Cadet Benjamin Robinson, 2/C/1-46, completes the three to five second dash portion of ITT. Cadets prepared for the night infiltration course during the day, crawling through mud and practicing the correct procedures of infiltration.

# Infiltration challenges cadets

BY LINDSAY SAINLAR  
*Staff writer*

As cadets from C 1-46 gathered around a wet sandy pit, Staff Sgt. Joe Calarco, drill sergeant, briefed them on the proper Infiltration Training Technique.

“This is to save your own life, so you better get this down to a cold science,” said Calarco.

Cadets learned the techniques behind the low crawl and the high crawl, which were executed later at the Night Infiltration Course.

During ITT, cadets performed four stages of infiltration techniques: two portions of low crawling (lower than 12 inches), a high crawl (above 12 inches) and a three-to-five-

second rush to get out of the muddy pit.

During the three-to-five-second rush, the cadets stood from their crawling positions and started moving forward while chanting, “I’m up, they see me, I’m down” as they dropped to their knees and scanned the horizon for enemies and got back up again to rush the finish line.

Infiltration training is an essential element in a cadet’s training, according to Calarco.

“If you do it properly in combat, it will save your life,” said Calarco.

Infiltration training, much like other exercises at LTC, was physically strenuous on some cadets.

“It wasn’t until the second low crawl that I felt kind of tired, and then I got up to do the rush and my legs felt like logs,” said

Cadet Drew Lierheimer, C/2/1-46, Lincoln University.

However, he didn’t have a problem crawling through the mud.

“I have no problem tillin’ the dirt,” Lierheimer said. “My dad’s a farmer.”

Later that day, cadets were led to Benavidez Range to participate in NIC.

The course, permeated with water from the previous nights’ rain, hosted 19 demolition pits and three towers holding M16s ready to spit out over 1,200 rounds of live ammunition at cadets as they crawled 50 meters out of the cross fire.

Logs the size of telephone poles, barbed wire and lanes stood in the way to impede the cadets’ completion of the course.

Cadets were required to complete the

See ITT, pg.3

## Speakers provide motivation for cadets

BY GINA VAILE  
*Assistant Editor*

In an effort to ensure motivation among cadets, Eastern Region has programmed several events throughout the Leader’s Training Course to help instill leadership skills for cadets. One of such programs is the Distinguished Visitor program – seven men and women recognized for their accomplishments and leadership abilities, meticulously picked to motivate the cadets attending LTC.

The four-week leadership development experience is designed to qualify and motivate cadets who complete the course for enrollment into the Senior Army ROTC Advanced Program at their college campuses.

“Our goals and objectives are simple,” said Maj. David Weis, Cadet Command Public Affairs Officer. “To develop leadership skills through interactive, personal and group experiences. The Distinguished

Visitor Program was developed to highlight leaders who understand what it takes to be a leader and what leadership skills can do for cadets.”

The distinguished visitors include military and civilian personnel to give the cadets a broad scope of leadership in both worlds. According to Weis, each visitor will offer a unique insight into leadership.

“There is a need to provide the future Army leaders a better understanding of what an Army officer is and does, what opportunities are available to them and what leadership is. The DV Program fills that need,” he said.

Col. Wanda Wilson, Chief of Staff, U.S. Army Recruiting Command, was the first DV to speak to cadets. Wilson informed cadets of the benefits of the Army and her reasons for remaining in the service.


“In organizing the DV Program, we sought out dynamic and highly successful individuals to help

See VISITORS, pg. 2



Michelle Lohmann/Leader

Col. Wanda Wilson speaks to cadets.



### Outside The Wire

**Arizona** — Over 900 firefighters are battling a wildfire northeast of Tucson. The fire has consumed 19,500 acres and is only 15 percent contained.

**Michigan** — The Supreme Court has upheld the University of Michigan’s use of race as a factor in the Law School’s admissions, but said a point system that factored race in undergraduate admissions was unconstitutional. Certain racial groups are awarded up to 20 points on a 100 point scale for admission to the university and it’s schools.

According to Justice Sandra Day O’Connor, the Law School gave “meaningful individualized review” to all applicants, which was enough to warrant the decision handed down Monday.

There are 3,500 applicants to the Michigan Law School each year.

**Kansas** — At least seven tornadoes and a foot of rain ravaged southern Nebraska and northern Kansas, killing a man and destroying four homes.

**Hollywood** — Adam Sandler tied the knot with model-actress Jackie Titone.

Titone has appeared in “Big Daddy” as a waitress and as an angel in “Little Nicky.”

It is the first marriage for Sandler, 36, and Titone, 28.

**Iraq** — Six British troops were killed Tuesday in an attack by unknown assailants. Earlier in the day, U.S. Forces came under a series of attacks in Baghdad and other parts of Central Iraq.

**Israel** — The Israeli Army arrested 130 suspected Hamas activists in the West Bank on Monday night.

The arrests were the results of recent terror attacks against Israelis that the Hamas claims responsibility for.

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# Future Leaders ...

By Col. Paul L. Willis  
Leaders Training Course Commander



Congratulations to the cadets of Alpha Company for “Seeing it Through” to graduation. It was your teamwork, leadership skills, and self-motivation that enabled you to successfully reach what I know for many to be a significant personal milestone. I am proud of your accomplishment, I know your family and friends are and you should be equally as proud.

For the remaining cadets, your day will soon arrive. You need to remain focused on the task at hand continue to work hard and maintain a positive attitude throughout.

Cadets of Alpha Company had their “Rites of Passage” ceremony, and now proudly wear their identification tags and the Army Values tag. Throughout this course, as a cadet, and upon commissioning you will be reminded of these values; what those values are and what they mean to each and every soldier in the Army today.

Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity and Personal Courage define who we are as an Army, and provides a foundation for personal conduct as a soldier, and most importantly, as a leader of soldiers.

**Loyalty:** Faithful adherence to a person, unit or the Army. It is what binds all of us together, and which drives us to support each other, your superiors, family and our country.

**Duty:** As one who takes an oath, it is your legal or moral obligation, to accomplish those tasks given to your fullest ability. You must be willing to accept full responsibility for your actions and your subordinate’s performance. You must be willing to take initiative and anticipate those requirements based upon the situation.

**Respect:** I addressed this in my last column, but quite simply it is treating others in the same manner in which you want to be treated.

**Selfless-Service:** This is placing duty before your personal needs and wants. Through the commitment you have made to attend the Leader’s Training Course this summer and your willingness to endure personal hardships, insurmountable odds, you have lived the value of selfless-service.

**Honor:** It is living up to our Army Values. You must be honest with yourself, truthful and sincere in all of your actions.

**Integrity:** This is doing what is right, both legally and morally. It is the basis between trust and confidence, and is the foundation for organizational effectiveness. It is acknowledging your mistakes, learning from them and moving forward.

**Personal Courage:** It is overcoming both physical and moral courage. Overcoming physical courage can be as easy as overcoming your fear of heights such as rappelling. Moral courage is not compromising your professional ethics, individual values, and moral principles.

These values constantly remind us, and the rest of the world, who we are and what we stand for. They enable each and every one of us to discern right from wrong in any situation.

When you put the values tag around your neck everyday, I don’t want you to think of it as just a reminder of successful completion of the Leader’ Training Course, but as a reminder of who we are, what we stand for and to live these values each and every day.

# Cadet Talk

The LTC question of the week ...

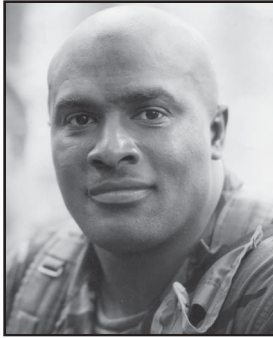
Leader photographer Michelle Lohmann asked cadets:

“After being here for a few days, do you feel that the experience you’ve had at LTC has been more challenging than expected?”



“The experience so far is not what I **expected**. I’ve been taken out of my **comfort** zone, but I’m finally beginning to adjust. I really am having **fun** though. ”

Courtney Felly  
University of Wisconsin at LaCrosse  
3/E/1-46



“It actually has been what I **expected**. We’re all just highly **motivated** cadets trying to get to another level.”

Asa Evans  
North Carolina Agricultural and Technical University  
2/E/1-46



“This was definitely **more** than I expected, especially during the first couple of days. Nothing **prepared** me for the drill sergeants.”

Jason Sillasen  
Doane College  
2/E/1-46

Photos by Michelle Lohmann/Leader

# Visitors provide answers and motivation

From page one

educate the young men and women attending LTC on the attributes and virtues of an Army officer and leadership,” Weis said.

Six other DVs will deliver words of wisdom throughout the summer.

Brig. Gen. Gratton O. Sealock II, will speak June 25. Sealock has served in the Army since 1974 upon graduation from Eastern Washington State College as a Distinguished Military Graduate. He received his regular commission in Infantry. An attack helicopter instructor pilot and flight commander, he served as operations officer for the Hanchey Division and assumed commanded the 64<sup>th</sup> Company of the 6<sup>th</sup> Battalion in 1993. Sealock has also served overseas.

Retired Col. Danny R. McKnight was made famous after his experiences in Somalia were recorded in the film “Blackhawk Down.” McKnight has received numerous awards including the Legion of Merit with two Oak Leaf Clusters, the Bronze Star and the Purple Heart.

McKnight will speak to cadets on June 26.

Col. Francis Wiercinski will speak July 1. He has been nominated for promotion to the rank of brigadier general. He currently serves as the deputy director for regional operations, Special Operations Division in Washington D.C..

Former Western Kentucky University head football coach Jack Harbaugh will deliver his words of wisdom to cadets July 6. Harbaugh lead the Hilltoppers to a 12-3 record last season and to the first 1-AA championship.

Steve Sosland, of Cameron-Books will speak July 11.

Gen. Kevin Byrnes, TRADOC Commander, spoke Saturday to the LTC Cadets. Because of Press Deadlines, the recap of his remarks will be available on the Web, and in the next edition of the Leader.

Leader  
Eastern Region  
U.S. Army ROTC Cadet Command  
Fort Knox, Ky 40121 (502) 624-8149

The Leader is an unofficial publication authorized by Army regulation 360-81 “Command Information Program” with editorial content edited, prepared and provided by the Public Affairs Office, published weekly during June and July, printed by offset press and distributed to Army ROTC battalions within Cadet Command and students at the Leader’s Training Course, with a press run of 3,000.

Commander  
Col. Paul L. Willis

Public Affairs Officer  
Maj. David Weis

Deputy Public Affairs Officer  
Joe Bartley

Editor  
Don Bradley

Assistant Editor  
Gina Vaile

### Staff Writers

Nicholas Stout      Lindsay Sainlar  
Cassie Slaughter      Stephanie Toone

### Photographers

Melanie Blanding      Michelle Lohmann  
Tyler Pelan      Amber Sigman



# ITT: night lights up for cadet training

From page one

infiltration course twice, once while it was still light outside and again at night.

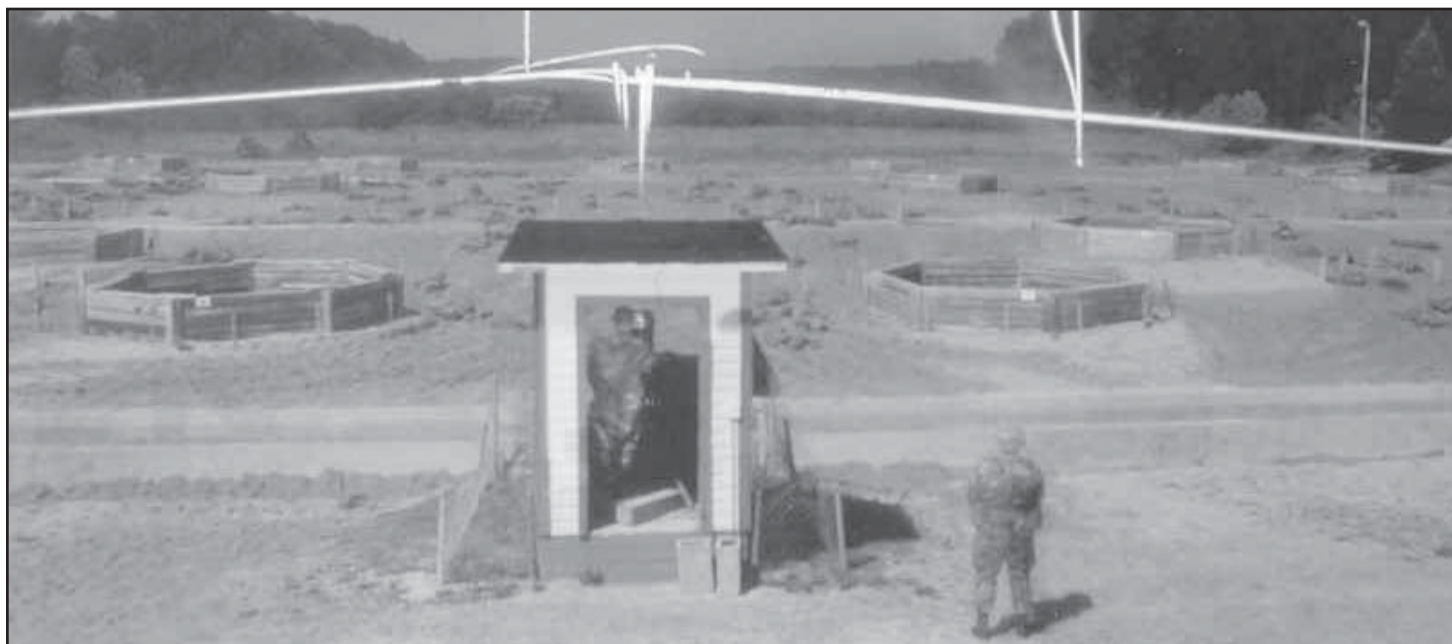
During the daylight run, cadets were guided through the course by drill sergeants and cadre from the infiltration committee. There were no explosions; the only obstacle was smoke bombs that emitted a purple haze amongst the cadets crawling like ants with their plastic M16s, as war sounds straight out of a Hollywood set resonated over loudspeakers.

As the sun set, the manner and commands of the drill sergeants were becoming more serious in nature.

"Whatever you do cadets, keep your head low coming over that wall," ordered Staff Sgt. Shawn Coolidge, drill sergeant.

Before the cadets could think twice, sirens went off, and one by one, the cadets were tapped on their shoulders, symbolizing it was their time to negotiate the course. They had 30 minutes to reach the other side.

While crawling in complete darkness over logs and under barbed wire, cadets were distracted with



Tyler Pelan/Leader

Echo company crawls through fire at the night infiltration training last week. Cadets prepared during the day for the night exercise.

sounds of machine guns, explosions and frequent flare emissions. The flares gave off enough light to illuminate the entire sky, requiring cadets to freeze in their tracks in case any enemies happened to be looking out for movement.

Cadet Mark Valente, C/4/1-46, Northern Arizona University, was the first cadet to cross the NIC line.

"I wasn't trying to be the first one done," Valente said. "I just wanted to get it done."

"This is why I came here," he said, "for this

kind of training."

Enthusiasm was high as more cadets piled out of the infiltration pit and regrouped with their platoons.

"It was an adrenaline rush," said Cadet Louisa Murphy, C/1/1-46, Fayetteville State. "I felt the actual ammunition go over my head two or three times."

Murphy said sand got in her eyes and she couldn't see for a large portion of the course, which forced her to crawl blindly through the obstacles.

Murphy wasn't the only cadet with problems.

"I'm all scratched up, my elbows hurt, my knees hurt and I might be bleeding," Cadet Donte Caperton-White, C/3/1-46, Fort Valley State University, said with a smile.

The cadets weren't the only ones proud of their accomplishments.

"The company did outstanding," said 2<sup>nd</sup> Lt. Clay Whitman, of Charlie Company, "They all made it through and that's all that matters."

## MREs nutritional and filling; some better than others

BY NICHOLAS STOUT  
Staff writer

Out at the Leader's Training Course, cadets spend a lot of time out in the field. With the time the course demands, it is difficult to get a company back to their barracks in the middle of the day for chow.

But, cadets need to eat, especially with all of the physical demands placed on them throughout the day. With the extreme nutritional demands of today's soldier, Meals Ready to Eat are an excellent source of chow to ease the hunger pains of a hard-working cadet.

"They're actually really good," said Lester Davis, 2/A/1-46, from John Hopkins University. "We were all really surprised at how they were."

Cadet John Vang, 2/A/1-46, from Univeristy of Minnesota, Twin City campus, said he ate MREs before coming to LTC.

"I like MREs because I'm hungry," he said. "It's the only food we have, so we have to eat it or throw it away."

Vang added, his favorite MRE contains chicken and grape juice.

No matter which is a cadet's favorite, after a long day out in the field, cadets here at the Leader's Training Course agree that MREs are a good meal. However, for many cadets to appreciate the MRE it is necessary to

understand the history of it. After all, it's amazing how one crams 2000 calories into a little bag that can fit in a field gear pocket.

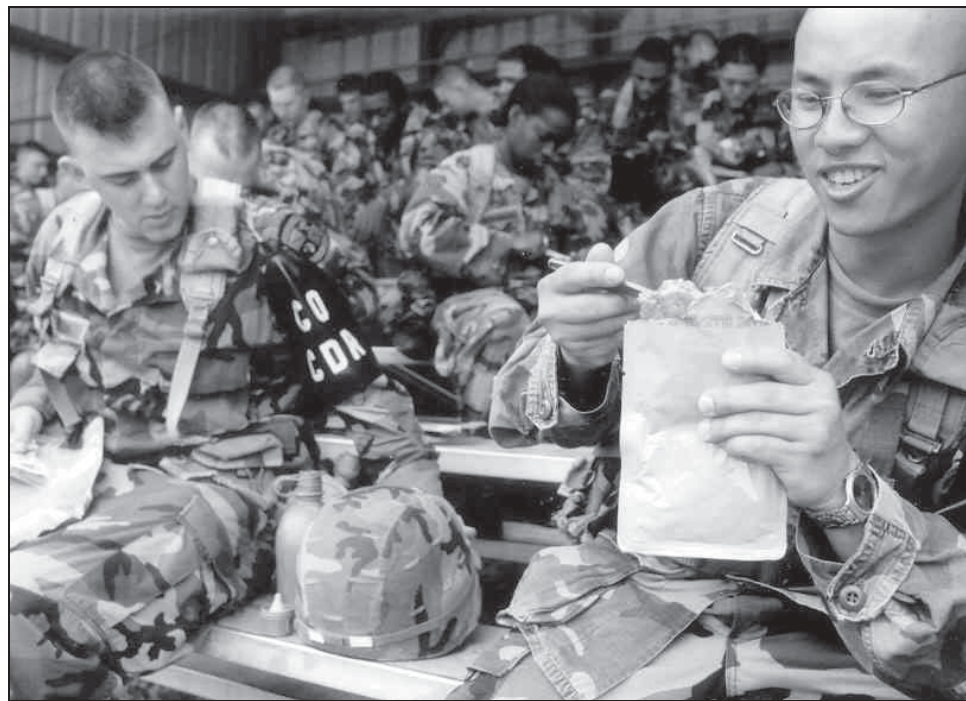
Since its first exposure to the Army in the early 1980s, the MRE has been serving the nutritional needs of our Nation's armed forces. The MRE is designed to hold off a soldier's hunger and nutrition when engaged in heavy activity when normal food services aren't available.

"When I was in the service they actually had a thing called C-rations, which were similar to MRE," said Billy Cole a.k.a 'Big Daddy', the Echo Company Dining Facilities Manager. "MREs didn't come out until I was out of the service."

Though some soldiers believed MREs weren't the greatest thing to hit the market, the quality of the MRE blew c-rations out of the water said Sgt. 1<sup>st</sup> Class Leon Taylor, a Field Leaders Reaction Course instructor.

"Years ago, only the special forces had MREs—and I would make it a point to get a hold of as many of them as I possibly could," he chuckled.

Over the years MRE have made leaps and bounds with the quality and taste inside



Melanie Blanding/Leader

Cadet John Vang, 2/A/1-46, University of Minnesota, Twin Cities, said he geared up for LTC meals by eating a few MREs before coming to Ft. Knox.

all that waterproof plastic.

"I'd say the quality of the MRE has improved 100%," Cole said. "When they first came out they were awful."

For many cadets LTC marks their first experience with the MRE, however, some cadets have had previous exposure to the MRE.

"I remember when my dad brought home an MRE for the first time—it was awesome, I thought they were great," said Claudine Beaudry, 2/A/1-46, from Montana State University.

"When you are out in the field an MRE is golden," said Kristin Todd, 2/A/1-46, from

Charleston State University. "We burn so many calories out here, the sack lunches just aren't cutting it."

With the caloric intake in one MRE, they are a filling meal for today's soldier. They include nearly all the daily vitamins and minerals needed.

"If you eat them—you definitely get full off of them," said Cole.

Cole said that the MRE does have its benefits and when a soldier is in the field it will do the trick.

"They certainly will get the job done," he said. "You give a soldier a few MREs and send them on their way."

### Did you know?

- ◆ MREs contain 2000 calories
- ◆ MREs are a product of the 80s
- ◆ MREs are designed to hold off a soldier's hunger and provide nutrition during heavy activity



**Right:** Sean O'Brien, 1/E/1-46 from St. Joseph's University serves on guard while the rest of his squad moves to the next site.

**Bottom Right:** Sean McCarty, 1/E/1-46 from Wingate University, moves a board through some barbed wire at one of the FLRC training sites. McCarty said the FLRC taught him about teamwork and to think creatively.

**Below:** Nicolas Kong, 2/E/1-46 from Haverford College looks on with Asa Evans 2/E/1-46 from North Carolina A&T University as they begin to send a "casualty" over to the single rope bridge.





# Cadets put skills to use in FLRC

BY NICHOLAS STOUT  
Staff writer

The cadets of E 1-46 received a valuable lesson in leadership and its importance in the field as they got down and dirty in the Field Leaders Reaction Course this past week.

On this most muddy of occasions, cadets participated in 10 different stations that addressed some of the problems that could happen in the field.

"I like it out here," said Katrina Vogel, E/4/1-46, from Akron University. "It's a very challenging course and a lot of this stuff is new to all of us."

"What we are trying to accomplish here today is developing leadership skills," said Capt. John Schwab, the officer in charge of the FLRC. "We are giving cadets challenging tasks and mentoring them on their leadership traits and how they incorporate the problem solving steps into accomplishing a mission."

Every member of a 8-10 person squad got a chance to be a squad leader and take their team through a mission. Some tasks included crossing a minefield, getting a wounded soldier across a rope bridge and responding to enemy fire.

At each of the 10 stations, cadets were given 20 minutes to look at each problem, develop a course of action and manipulate the problem. Some stations presented more difficult scenarios than others, however, completion of the station wasn't the

primary goal.

"What we are looking for is not necessarily the completion of the task," said Spc. Bryan Lewis, one of the FLRC instructors. "We want to see how cadets are applying the leadership skills they are learning."

"The task is really finding out how to motivate your squad," said Brent Callahan, 4/E/1-46, from Central Missouri State University. "A lot of this isn't necessarily how to lead, it's how to follow."

Not only were cadets focusing on developing their leadership skills, teamwork was also a big focus point for the day.

"We are trying to get a team-building leadership experience," said Maj. Stephen Wren, the officer in charge of training for Echo Company. "This exercise gives cadets a chance to meet and work together as a team."

Cadets appreciated the opportunity to bond with their fellow squad members and build as a team.

"I love it out here," said Brian Alsop, 4/E/1-46, from Florida State University. "The camaraderie between squad members is awesome—we are talking more to each other and working as a unit."

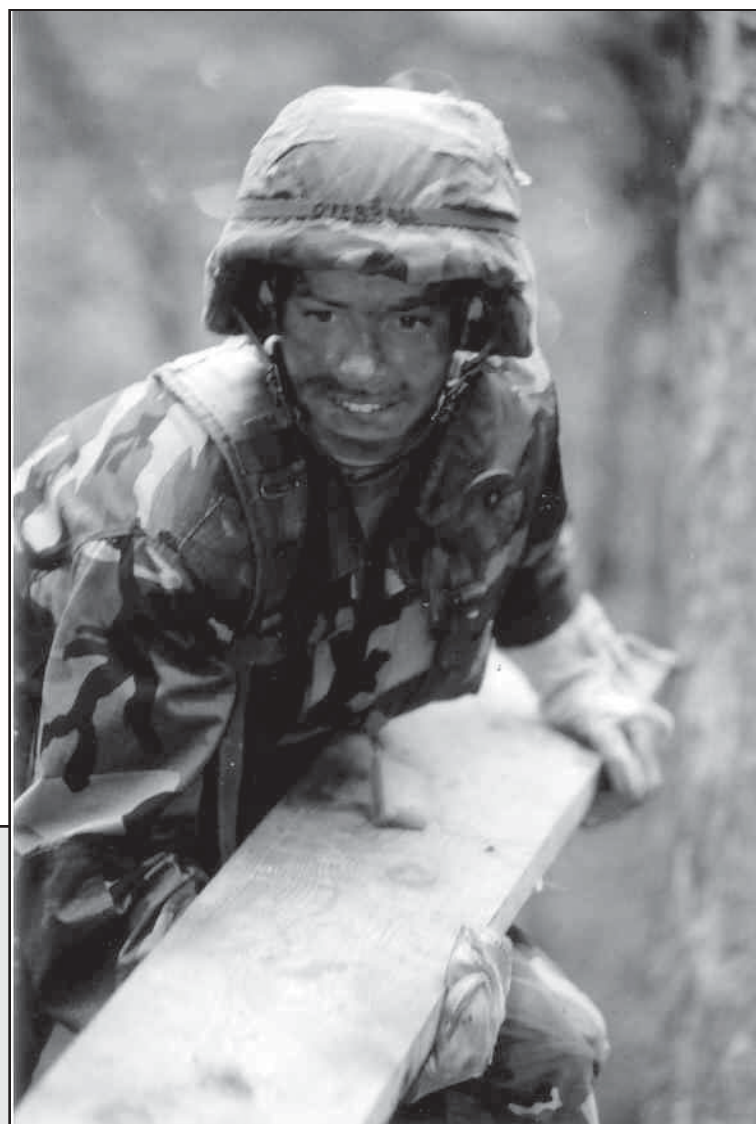
"It's a very challenging course," Vogel said. "It's tough and it forces us to work together."



**Left:** Lauryn Rausch, 4/E/1-46 from Purdue University, and Gamaliel Toche, 4/E/1-46 from the University of Puerto Rico, observe Sarah Henke, 4/E/1-46 from Purdue University, and Brad Majors, 4/E/1-46 place a board for crossing a stream. Henke was later awarded an excellency coin for her leadership skills while at FLRC.

**Bottom Left:** Michael Rainey, 1/E/1-46 from the University of Louisville, listens to a briefing with Gina Viselli, 1/E/1-46 from San Francisco State, and Trish Kelly, 1/E/1-46 from Virginia Tech.

**Below:** Stephanie O'Ferral, 2/E/1-46 from Regis College, holds a board to make a bridge for fellow cadets to cross.



Photos by Michelle Lohmann/Leader



# HOOAH:

## 2nd Lt. experiences LTC from other side

BY LINDSAY SAINLAR  
*Staff writer*

Two years ago, 2<sup>nd</sup> Lt. Travis Uchacz was in the 4<sup>th</sup> platoon of the Alpha Company in LTC, formerly known as Basic Camp/Camp Challenge.

Now, he's back — and this time, he is responsible for the lives of over one thousand cadets plummeting from a 37-foot tower.

After graduating from the ROTC program at Florida International University in Miami with a master's in criminal justice administration, Uchacz has found himself working hands-on with the LTC rappelling committee. He will also be working more intimately with cadets during the Bold Leader phase of their training.

"I'm so glad I got to come back and see it all again," he said. "In some regards, I wish I was in their (cadets) shoes doing it all again."

"It was one of the best experiences of my life," Uchacz said about LTC, mentioning the gas chambers and infiltration exercises.

During infiltration, while crawling under barbed wire and dodging rapid fire, he said, "I thought I was in 'Saving Private Ryan' but nobody was losing limbs. It gave me a deeper respect for those soldiers doing it for real, making the ultimate sacrifice."

Uchacz said LTC taught him to prepare for things ahead of time and to make the right choices for the right reasons. He also learned to trust his equipment and the people he was working with.

"LTC was my vehicle for success as a senior cadet as well as an officer in the Army," he said.

Through LTC, Uchacz learned a lot about the kind of leader he wants to be. To better himself as a future leader, Uchacz said he took the liberty of learning from the mistakes his former drill sergeants made and took notes on the positive leadership styles he came across. Now he is trying to apply these attributes to his own demeanor.

After growing up in West Point, NY, Uchacz said he

has never regretted his decision to contract with the Army.

"The opportunities they offered were far greater than any disadvantages," Uchacz said. "Because of the ROTC and Army, I've done more than anyone not in the service."

He was commissioned a second lieutenant in April. Uchacz said he first joined LTC to get money to pay for graduate school, but after the camp everything changed for him.

"It gave me a greater purpose for what I was doing and it was no longer about the money."

Already he has stories of camaraderie from fellow soldiers and has received respect for his uniform from countless strangers in airports that offered to show him around town and provided places for lodging.

A famous country artist even took the time out of his day to show his respect for Uchacz.

Recently, Uchacz and fellow second lieutenants in the rappelling committee drove to Nashville for the Country Fan Fair weekend. He said they stopped by the Charlie Daniels Museum and just happened to miss his autograph session by a few minutes. After talking with Daniels' manager however, they were awarded a special meeting with Charlie Daniels, who gave them hugs, shook their hands and got his picture taken with them. He said Daniels thanked him and his friends for the service they were providing for the country.

"I got such a chill, a great feeling that people appreciate what we're doing for them."

Uchacz will be attending the Military Intelligence Officer Basic Course at Fort Huachuca, Ariz. at the end of the summer.

Uchacz advises cadets to adapt and overcome, and encourages them to never give up.

"I've always worked hard in whatever I do and I never thought anyone noticed," Uchacz said. "But people notice when you're working, and slacking off."

## Taking it day by day; Bramblett maxes out

BY NICHOLAS STOUT  
*Staff writer*

It's not everyday that one will come across a cadet who can knock out 71 push-ups and 86 sit-ups in four minutes, then cap it off clocking a two mile run at 13:26.

It's also pretty rare to come across someone who is working on their second master's degree while upholding a 4.0 grade point average. Then again, people like Kirsten Bramblett are far from ordinary.

At 26, Bramblett has proven to be a model cadet that fellow cadets of Alpha Company look up to. Bramblett is attending the Leader's Training Course here on Ft. Knox. The four-week program is designed to qualify cadets who successfully complete the course for enrollment into the Senior Army ROTC Advanced Program at their college campuses.

"I'm just out here doing what I can," Bramblett modestly said. "I just try to lay low and not draw too much attention to myself."

Despite her efforts to disappear in the crowd, a 300+ APFT score is more than enough to turn a few heads.

Even more surprising than almost acing the men's standards on the test, Bramblett has never played high school or collegiate sports.

"I grew up on a farm and I spent a lot of time bucking bales," she said. "I also love running

and I spend a lot of my spare time doing so."

Perhaps what held Bramblett back from sports and other extracurricular activities were the two jobs she worked to pay for her undergraduate studies.

"I worked at a grocery store and as a research assistant as part of my work study," she said. "I worked a lot to pay for school—there wasn't exactly a lot of time for extracurriculars."

Aside from making a name for herself in PT, Bramblett has also shown to be a model student in the classroom. Throughout her collegiate career, Bramblett has thus far achieved a bachelor's degree in business administration from the University of Montana, a master's degree in health administration, and currently working toward a master's degree in public relations from Montana State.

"Yeah, I'm a lifetime student," she joked.

However, Bramblett's time in school is really something to admire. While holding a 4.0 G.P.A. at Montana State University-Billings as a full time student and ROTC cadet, she also works a full time job at Deaconess Billings Clinic working in clinical operations.

Not to mention, Bramblett has also been married for four years. Bramblett said her husband Brad has been nothing but supportive of her choice to pursue a commissioning in the Army.

Doing as much as Bramblett does in and out



Michelle Lohmann/Leader

Cadet Kristen Bramblett, 1/A/1-46, of Montana State University-Billings, maxed her first APFT at LTC. Bramblett said she is highly motivated and is having a great time at LTC.

of the classroom, it's amazing she has kept her composure through all of this.

"Doing all that I do—being organized is definitely key," she said. "Having a lot of motivation in what you do, picking a goal, putting your mind to it and getting it done."

As far as the military, Bramblett plans on pursuing a commission in the US Army National Guard. Bramblett said she will be enrolled in the simultaneous membership program in school, which means she will be serve in the National Guard while completing ROTC.

"As of now my biggest goal is to take the next few years day by day," she said. "I want to see how the Guard is and when my commitment is up I will see where to go from there."

Bramblett's presence here at LTC is certainly one to be admired. Her work ethic, time management and leadership skills are those of a great future officer in the Army. As she makes her way toward course completion, she wants to take everything the way she has always—one day at a time.

"I'm enjoying it—I'm having a great time out here," she said.



# Kelley follows in footsteps of family

BY STEPHANIE TOONE  
Staff writer

Friendly, open, honest and understanding—four words Cadet Trish Kelley, 1/E/1-46, Virginia Tech University, uses to describe herself. Her qualities help define her as a cadet while she strives to follow in the footsteps of an important family member.

Kelley, of Virginia Beach, VA, has a family connection to the Army from her sister, Tracey, who is two minutes younger.

The fraternal twins have a lot in common besides their involvement in the Army.

“She’s already a second lieutenant,” Kelley said. “Hopefully, when I come out she’s going to be the one to commission me. It’ll be kind of fun to have my little baby twin sister be the one to swear me in.”

“We finish each other’s sentences, the whole twin thing. She’s my best friend,” Kelley said.

Kelley said having her closest friend and family member in the service is an advantage. Still, she must experience the ups and downs of LTC. She is looking forward to the rappelling and Bold Warrior events, but water survival will not be her favorite.

“The swimming doesn’t agree with my hair,” Kelley joked. “I’m hoping I don’t drown in the water. Hopefully, by the time I leave, I’ll be more confident with it.”

She may not be confident in swimming just yet, but her respect for the Army is in her roots. Her father, Sgt., 1st Class Raymond Dupas, Jr., gave her the inspiration to join the Army at a young age.



Michelle Lohmann/Leader

Cadet Trish Kelly, 2/C/1-46 from Virginia Tech University, cheers on fellow cadets during the stream crossing field exercise. Kelly has family members in the Army.

“I remember seeing my dad get up really early in the morning pressing his BDU’s, and I’d see him outside shining his boots while we were playing,” Kelley said.

She said she thought the Army was a good opportunity if her father was a part of it.

Kelley, a childhood tomboy, aspired to be like her father. She liked the idea of being in the Army, but she did not like the constant moves that went along with it, moving every three years. The traveling made it hard to keep in touch with friends, but she enjoyed getting a new house with each move.

Besides being an Army brat, Kelley had the average childhood. She grew up with an older sister, her twin, and three younger brothers. Kelley said they were good children who were only guilty of curiosity.

“We would take phones and televisions apart to see how they worked, but we wouldn’t talk back or anything like that,” Kelley said.

Since she was a child, Kelley saw herself

working to help other people. With her major, Industrial Organizational Psychology, she plans to help people as a counselor. Now, working on her master’s degree, Kelley is using LTC for leadership training and an educational opportunity.

“I’m getting a lot of research done here,” Kelley said. “I’m researching Type A personality as we speak for my thesis.”

Kelley’s thesis is on gender integration in the military.

When she is not working on her thesis, Kelley loves to read. Her favorite book is “A Tale of Two Cities.” She also enjoys watching movies, naming “Dangerous Liaisons” and “The Usual Suspects” as two of her favorites.

The self-described weird and quirky Kelley is fluent in Spanish and willing to talk to anyone.

“People wouldn’t know by looking at me that they can actually come up and say hi. I’m really approachable,” she said.

## LTC Mentors provide answers to questions

BY GINA VAILE  
Assistant editor

Cadets attending LTC have gone from civilian life to military life in the blink of an eye. This summer, young men and women will make the decision to continue with Senior ROTC studies and become commissioned officers in the United States Army.

To offer assistance in making those decisions, a mentor program has been established for the cadets of LTC.

According to Maj. Chris Worrill, the Eastern Region Deputy G3 for Cadet Command, the purpose of the program is to allow the cadets to interact with an active duty officer and to gain a better understanding of military life and expectations.

The mentor program consists of 48 captains who talk to LTC cadets twice during their four-week stay on Ft. Knox.

Captain Wandra Neely, of Ft. Knox, a mentor, said the program is a great way for cadets to learn exactly what to expect in the Army.

“They gain a better insight as far as what to expect and what we will expect from them as lieutenants, and what kind of jobs they can expect to do in the military,” she said.

Neely had her first mentoring session last week. She said cadets were armed with questions and concerns about the military.

“As long as you tell someone the truth, no matter how hard or how easy it is, at least they can’t say somebody lied to me and said it would be different,” she said. “(The program) builds a trust. They look at me and realize they can ask me anything because I’m going to tell you exactly how it is. By the time I went through the first two questions, everyone had their hands up because they knew I was going to tell them the truth, not the answer they were expecting, but the truth.”

Neely said it is important for cadets to understand today’s Army.

“Their dad’s time in the Army, or their uncle’s time in the service is totally different than what it is right now,” she said. “It is a different world now, so it is important to share that with them so that all the illusions or lies are cleared up before they say ‘yes i do’ when commissioning.”

“It also helps them make a good decision,” she said.

According to Worrill, the officers used in the program are young officers who can relate to cadets.

“These officers have reached a point where they can say, ‘the Army is not bad for a career,’ and they have made a decision that if they stay in, they get more out of it,” he said.

Common questions for mentoring sessions include branch questions, career questions and questions about family life.

“So far, 100 percent of the feedback has been positive from the cadets and the officers,” Worrill said.

“Basically, they are getting it straight from the horses mouth,” he said.



Michelle Lohmann/Leader

## Birthday Party

Cadets celebrated the Army’s 228th birthday June 14 following the Echo Company Guidon Ceremony at the Company Area. Col. Scott Armbrister, the oldest member of the military present, was accompanied by \_\_\_\_\_, the youngest cadet present, to cut the cake. After the celebration, cadets returned to their barracks for cake.



# Wet operations

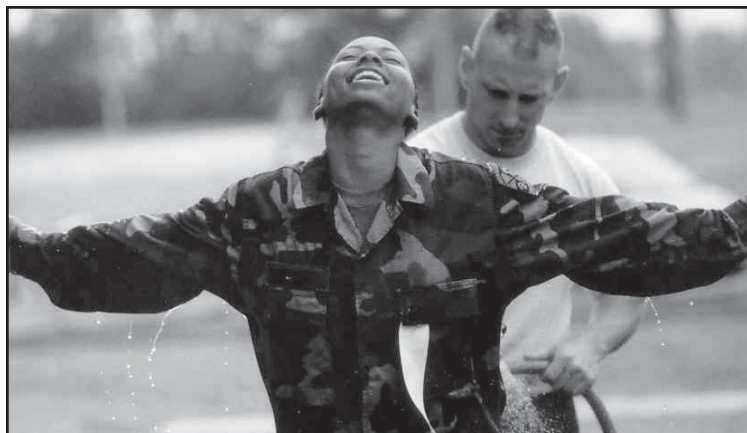


Michelle Lohmann/Leader

Cadet Gareth Weaver, 1/C/1-46 from Florida Southern College, floats after assembling his pants into a floatation device.

**Right:** Cadet Tammi Love, 2/C/1-46 from Tuskegee University, was scared to jump from the diving board, but said her fears were subdued after jumping.

**Below:** Louisa Murphy, 1/C/1-46 from Fayette State, gets hosed off before entering the Gammon Pool area.



Michelle Lohmann/Leader



Michelle Lohmann/Leader

**Above:** Galindez Allen, 1/C/1-46 from Southeastern College, is not utilizing a floatation device, but merely standing as a marker so his squad would know where to line up for the next station.

**Right:** Lee Monzon, 2/C/1-46 from the University of Alaska-Fairbanks, swims across the Gammon Pool while keeping his M16 above water.



Michelle Lohmann/Leader



Michelle Lohmann/Leader

## Cadets learn water survival

BY STEPHANIE TOONE  
Staff writer

Fully clad in BDUs and swimsuits the barefoot cadets of Charlie Company arrived at Gammon Pool prepared for their mission — water survival training. Four stations challenged the cadets to use swimming skills and plenty of courage to master the important training session.

Cadet Tamika Thornton, 1/C/1-46 Fort Valley State University, was up to the challenge of water survival.

“I’ve been a lifeguard for five years, so I know a little bit about swimming,” she said.

Thornton said the hard part for her was carrying the equipment underwater. Though she had to muster strength for the Quick Swim, the Quick Step was a lot of fun.

“You get surprised, because you don’t know when you’re going to hit the water,” Thornton said. “You have to have the confidence in yourself to know you’re going to be able to make it to the top.”

Second Lieutenant Jason Scott was the area instructor for station two. Scott said the main purpose of water survival is confidence building, but there is even more to learn from it.

“I believe that in today’s Army every lieutenant, every person really needs to understand how to survive in the water. Anything the Army does is about survivability,” he said.

Scott said water survival is an important tool in teaching cadets that they can do the unthinkable. Water survival is especially hard for nonswimmers, but he said there are challenges for the swimmers also.

“The hardest objective for anybody, swimmers or nonswimmers, is Station four, which is stepping off the three-meter platform,” Scott said. “A lot of people have a fear of heights as well as a fear of water. It scares them to death.”

Cadet Ruben Aguilar, 3/C/1-46, University of Texas, El Paso, was one of those people scared to death. He is a nonswimmer and has a fear of heights.

“The hardest part is facing my fears on the high diving board. It’s something I’m not used to doing,” Aguilar said.

Though his fear and inexperience was an obstacle, Aguilar said water survival taught him more than just swimming.

“It makes us reach a certain part of us that we never knew we had,” he said. “It makes us push ourselves to know we are capable of doing this, and these are things we’re going to have to know.”